Powerful Tools for Caregivers (PTC)

<u>Program Goal:</u> A self-care education program for family caregivers of adult with chronic conditions to improve: self-care behaviors, management of emotions, self-efficacy, and use of community resources.

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provides a self-care education program

This six week program will provide one with tools

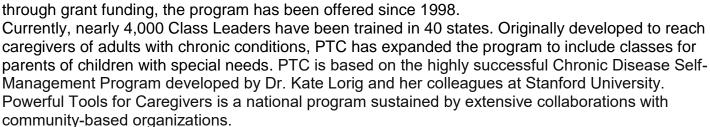
"There was a common bond. We were

all dealing with some of the same

<u>Program Format:</u> PTC provides a self-care education program for family caregivers. This six week program will provide one with tools and strategies to better handle the unique caregiver challenges one might face. Subjects covered during the workshops include:

- 1. How to deal with problems such as frustration, fatigue, pain and isolation.
- 2. How to exercise for maintaining and improving strength, flexibility, and endurance.
- 3. How to appropriately use medications.
- 4. How to communicate effectively with family, friends, and health professionals.
- 5. How to evaluate new treatments.

<u>Program Development:</u> Powerful Tools for Caregivers and all materials were developed over three years of pilot testing, refinement and evaluative research to assess the program's effectiveness. Initiated through grant funding, the program has been offered since 1998.



Program Results: Studies show that participants experience results in several areas:

- Improved self-care behaviors: exercise, use of relaxation techniques and medical checkups*
- Improved management of emotions: reduced guilt, anger, and depression*
- Improved us of self-efficacy: increased confidence in coping with caregiving demands*

<u>Program Alignment:</u> PTC aligns with Results Washington Goal 4: Healthy & Safe Communities, Supported People, Quality of Life 3.2 to "Increase the percentage of long-term service and support clients served in home and community-based settings". Heathcare Authority- Common Measures: #24- Adult Mental Health Status and #55- Potentially avoidable use of Emergency Department.

Find out more: http://www.powerfultoolsforcaregivers.org
Key Words: family caregiver, group interaction, self-care, stress management, communication strategies, self-efficacy/confidence

